

ABSTRACT

Provided is a powder of unhulled rice grains having a nutrient value higher than that of a powder of unpolished rice grains, being excellent in digestive and absorptive properties, and providing a good foodstuff. The powder is manufactured by immersing unhulled rice grains in water for a predetermined time, followed by roasting the grains for a predetermined time and subsequently powdering the roasted grains. The powder can be manufactured from other cereal grains such as barley, wheat, rye and oat than rice.